

not go out because I
was not well and
I was on physical eye-
patterns and intellectual
patterns

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2. The way I dealt with the physical-eye-patterns is similar to the way one Islamically deals with panic attacks and OCD (obsessive compulsive disorder) - 2 side effects that come from the physical-eye-patterns;
- ① by turning back to Allah immediately
 - ② Making wudu of an a'J
 - ③ calling my Doctor / Nurse
 - ④ calling my mum - she